SELECTED

Banana Recipes

For Appetizing and
Nutritious Dishes

RELISHES
VEGETABLES
SALADS
DESSERTS

FRUIT DISPATCH
COMPANY
IMPORTS THE BEST

COMPLIMENTS OF THE

FRUIT DISPATCH COMPANY

17 Battery Place New York City, N. Y.

RIPE BANANAS
THE ALL-FOOD FRUIT IN PRIME CONDITION ALL THE YEAR ROUND

They are wholesome.

They are nutritious.

They are delicious.

They are cheap.

They are easily digested.

They are always in season.

They are always available.

They are available everywhere.

They are all meat.

They are easy to handle.

They are convenient for the dinner pail.

They are good food when cooked.

They are good food when not cooked.

They are the poor man's food.

They are put up and sealed by nature in a germ-proof package.

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1923

Why You Shouldn't Neglect Your Friend the Banana

Bananas Particularly Valuable as a Winter Food

By Royal S. Copeland, M.D.,
Commissioner of Health, New York City

HAVE you ever stopped to consider how valuable the banana is as a food? In food value it is equal to the potato.

The banana is a valuable source of carbohydrates—the food element which supplies heat and energy to the body. For this reason it is particularly valuable as a winter food.

The banana is a native of the East Indies, but is now cultivated in practically all of the tropical countries.

Contrary to popular belief, bananas do not grow on the tree as they hang in the store, but with the small end of the fruit pointing upward. After the fruit is cut down a new stalk grows up, and in from ten to twelve months another crop is ready.

The two varieties of the fruit with which we are most familiar are the red banana and the yellow banana. The question of the comparative value of these two varieties is one entirely of individual taste and opinion. The food value is about the same.

The banana is brought to our markets in a green state and is kept in moderately warm rooms until it ripens. Upon ripening the skin turns yellow, but the yellow skin is not in itself sufficient evidence of ripeness. In fact, under certain climatic conditions, the fruit may be entirely yellow and still be so unripe that its consumption in large amounts would be followed by discomfort. When the yellow of the peel takes a golden hue and begins to speckle with brown spots it may be considered fully ripe.

The spread of the brown coloration does not condemn the fruit as overripe so long as the pulp inside shows no sign of decomposition.

Broadly speaking, the ripe banana is

about one-fifth sugar, while the green banana is one-fifth starch. Inasmuch as bananas are commonly eaten uncooked, it is obvious that more or less raw starch will be ingested if the fruit is not ripe.

Raw food is irritating to the alimentary tract of man and is poorly utilized whether it be ingested in the form of uncooked potatoes, chestnuts, bananas or other natural starchy foods. No one would advise the use of uncooked potatoes, yet people insist on eating unripe bananas.

A ripe banana is not indigestible. As a matter of fact, it is more digestible than many other foods. A ripe banana only requires about one hour and forty-five minutes for complete digestion, while soft-boiled eggs require three hours and thirty minutes. Remember, however, that the degree of digestibility of the banana depends upon its ripeness.

In the tropics the banana takes the place of cereals and tubers such as rye, wheat and potatoes. Investigations have shown that the actual amount of food material produced per acre in the cultivation of the banana exceeds that of wheat or any other crop. Because of the fact that there is practically no waste to the banana, and because of its abundance, the banana is important and should be considered a very valuable food.

In 1921 almost 45,000,000 bunches of bananas were imported into this country. This is a fair indication of the tremendous popularity of the fruit. The nutritive and digestible qualities of the banana justify its popularity and furnish reasons why the demand for the banana should increase.

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Bananas with Moulded Cereal

Turn any left-over breakfast cereal, while still hot, into cups rinsed in cold water, to half fill the cups. When cold, scoop out the centers and fill the open space with sliced bananas; turn from the cups on to a buttered agate pan, fruit downward. Set into a hot oven to become hot throughout. Remove with a spatula or broad-bladed knife to cereal dishes. Serve at once with sugar and milk.

Banana Toast

Place in saucepan:

½ cup water
1½ tablespoons flour

Stir to dissolve, bring to a boil, cook slowly for 5 minutes—now add:

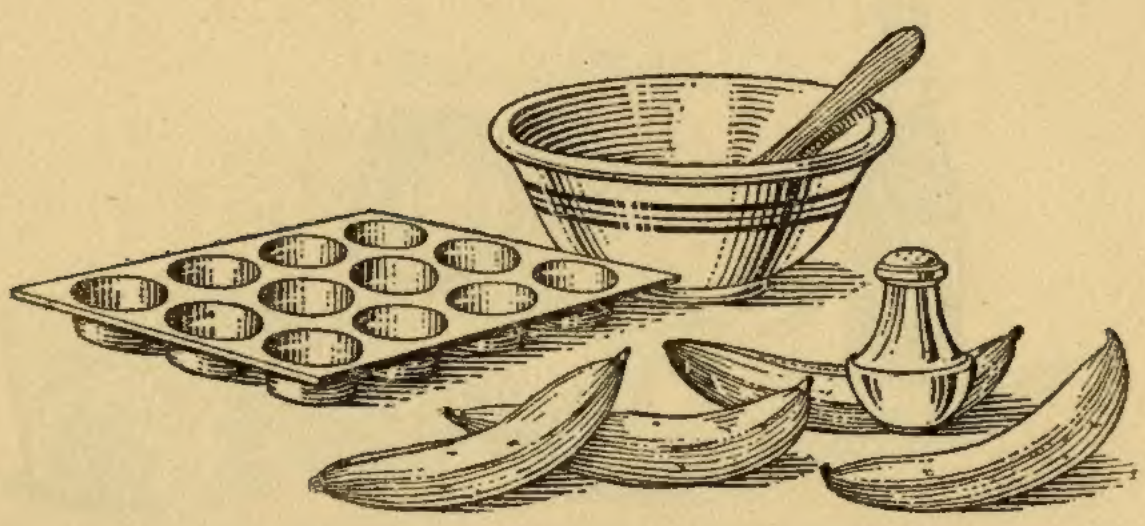
1 well-beaten egg
2 tablespoons butter
3 bananas rubbed through sieve
6 tablespoons powdered sugar
1 tablespoon lemon juice

Beat hard to mix; cook 2 minutes; then turn over nicely buttered toasted bread and dust lightly with cinnamon.

Banana Toast with Grated Pineapple

4 ripe bananas
2 cups grated pineapple
4 tablespoons sugar
8 thin slices of bran bread, crust removed

Put the bread on an agate platter evenly; then cover with the sliced bananas. Dust with a little salt and sprinkle with two tablespoons sugar. Put in hot oven until bananas are soft, remove and cover with grated pineapple to which 2 tablespoons sugar have been added. Serve either warm or cold.



Banana Bread

Green banana pulp, 2 quarts (*See p.* 13)
Flour, 4½ quarts
Fat, ½ pint
Salt, ¼ cup
Dark molasses, 1½ cups
Yeast, 2 cakes
Lukewarm water, 1 pint

Add syrup, salt and fat to the warm cooked banana pulp. When lukewarm add the yeast which has been softened in the lukewarm water. Add flour to make a rather stiff dough. Knead well; let rise until double in bulk. Bake in a moderate oven for about an hour.

Because of the moisture in the banana pulp the dough becomes softer upon standing; hence in making a straight dough for the first rising the dough is somewhat stiffer than for a wheat bread. If it is made too soft at first, it will be impossible to handle for the second kneading.

Yield: 8 loaves.

Suggestions: Caraway seeds may be added, as to rye bread, if one likes that flavor.

If some rye flour were used, instead of all white flour in the bread, the color might be brown, rather than the gray-green.

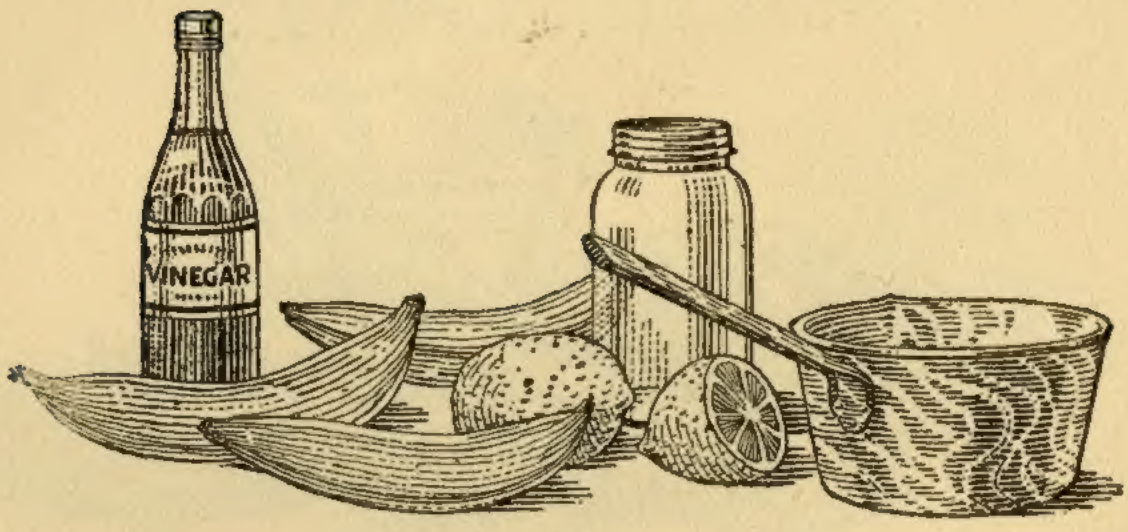
If a less sweet bread is desired, use less molasses and add more water.

Banana Pancakes

4 bananas
1 cup milk
1 cup flour
1 egg
2 teaspoons baking powder
½ teaspoon salt

Skin and scrape the bananas; mash through a potato ricer, fruit press or colander; add the milk and well-beaten egg. Sift flour, baking powder and salt into mixture and beat until smooth. Fry on hot greased griddle. They should be small and oblong. Serve with syrup.

RELISHES



Banana Butter

4 ripe bananas
1 cupful white sugar
2 eggs
2 tablespoonfuls butter
Grated rind and juice of 1 lemon

Mash bananas and beat to a pulp with a fork, add butter, sugar, lemon and the eggs well beaten; put all together in a smooth granite pan, and cook until as thick as custard, stirring constantly. Seal in an air-tight jar; it will keep for some time in a cold place. Use as a filling for cakes and pastries.

Spiced Bananas

Mix together one cup water, ½ cup sugar, 1 teaspoon allspice, 1 teaspoon cinnamon, 1 teaspoon cloves and a very little mace. Boil until it forms a syrup. Then stir in gently thick slices of bananas.

Banana Relish

Peel and scrape bananas, cut the pulp in pieces about two inches long. Scald syrup left in the sweetpickle jar (after the pears or peaches have been eaten), lay in the pieces of banana, and let cook until softened a little and made hot throughout. Skim to a dish, cool the syrup and pour over them. Serve cold with meat dishes.

Banana Ginger

6 bananas
Juice of 2 lemons
1 tablespoonful of vinegar
1 pint of water
½ lb. of brown sugar
6 chillies bruised

Skin the bananas, place them in a dish and cover with the juice, water and vinegar, and let them lie for six hours. When ready add the brown sugar and put in a saucepan. Now take out the bananas and add the contents to the sugar, add the chillies (they should be tied in a piece of muslin), let it come to a boil, now place the bananas in gently, let them simmer for a quarter of an hour. Dish up, taking each one out separately, and pour the syrup over. To be served cold.

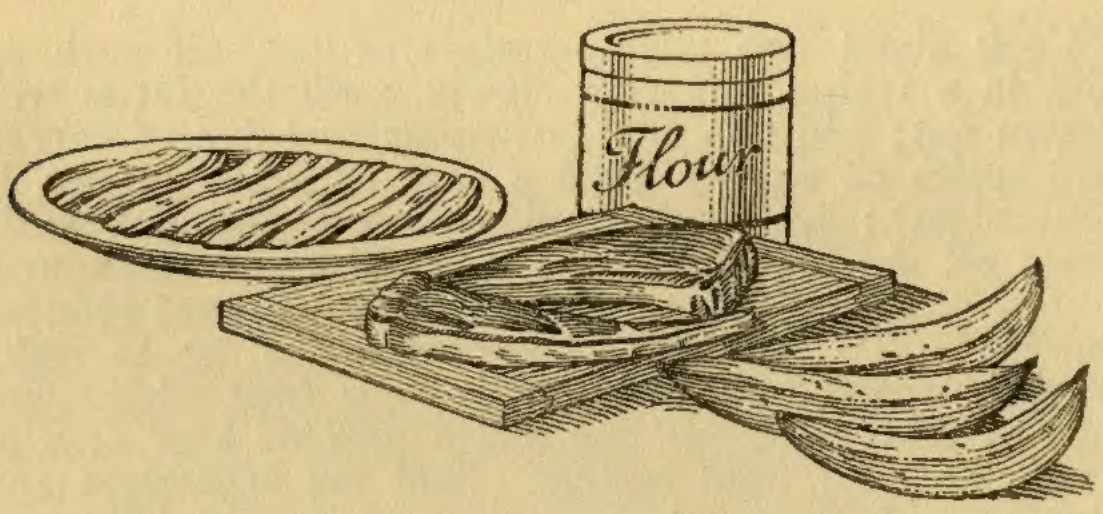
RELISHES

Banana Pickle

1 dozen bananas
2 pounds Bermuda onions
⅔ cupful molasses
½ teaspoonful ground ginger
1 pound dates
½ pint water
1 teaspoonful salt
1 pint vinegar
1 teaspoonful allspice

Cut bananas, dates and onions into small pieces, add spices, vinegar, water and molasses, mix well together; turn into a large stone jar or crock, bake in a slow oven till a rich brown, seal in jars while hot.

BANANAS WITH MEATS



Bananas Broiled with Pork or Lamb Chops

Broil the chops, and when about three-fourths cooked set one or two pieces of banana, peeled, scraped and cut, above each chop and finish cooking, turning each piece of banana once. Remove chop and banana together to a hot serving dish.

Fried Bananas with Bacon or Sausage

Remove the skin and scrape the bananas; cut each banana in halves crosswise, then lengthwise, to make four pieces. Roll the bananas in flour or cornmeal. Let cook in the hot bacon or sausage fat until delicately browned on one side; then turn to brown the other side. Serve around the bacon or sausage.

Bananas with Corned Beef Hash

Allow a banana for each person to be served. Remove the bananas from the skin and scrape to remove coarse threads. Melt a tablespoonful of butter for each service, roll the bananas in the butter to coat them thoroughly. Let bake until tender, basting occasionally with a little melted butter. Serve around the hash. Other fat may be used in the place of the butter.

BANANAS WITH MEATS

Baked Bananas with Meat

Tear down one section of the banana skin, then carefully loosen the pulp from the rest of the skin and take out the fruit, scrape and return to its original position setting the strip of skin back in place to keep the fruit from discoloring. Set the bananas side by side on an agate plate and let cook in a hot oven until they are soft to the touch. Turn from the skin, in half circles, around a roast of any kind of meat, or upon broiled steak. Serve as a vegetable with the meat gravy or sauce.

Bananas With Beefsteak

Cook the bananas as in "Baked Bananas With Meat." Have ready broiled hamburg or rump steak. Set a banana on each individual portion and pour Poivrade Sauce over the banana and meat.

Poivrade Sauce

Cook about two tablespoonfuls of fat salt pork, in bits, in a frying pan, very slowly, until the fat is well drawn out; add two slices of onion and five of carrot, two sprigs of parsley (and a slice of green pepper, if convenient); let cook until softened and yellowed; drain off the fat, and to the vegetables add one-fourth cup of vinegar and let stand on the stove until reduced one-half. To the fat add enough more fat to make four tablespoonfuls in all; in it cook four tablespoonfuls of flour, add one cup and a half of beef or veal broth, and stir until boiling. Add the vegetables and vinegar with three tablespoonfuls of currant jelly, and strain. The sauce will suffice for eight bananas.

Banana Stuffing (for roast goose, duck, etc.)

Six to eight ripe bananas cut up in pieces ¾-inch thick. Sprinkle well with salt and pepper and add ½ breakfast-cup white bread-crumbs. Mix well and stuff the birds in the ordinary manner with the above preparation. The delicate flavor of the bananas will give a delicious aroma to the birds when cooked together.

Banana Stuffing for Chicken

Pare and rub through a sieve 4 bananas. Place in a bowl and add:

½ grated onion
1 green pepper, chopped fine
3 tablespoons finely chopped parsley
4 slices bacon, chopped fine
1¼ cups of bread crumbs
Pinch of thyme
1 egg
1 teaspoon of salt

Mix thoroughly, fill the chicken and roast in the usual manner.

BANANA FRITTERS and SAUCES

Banana Fritters

There is perhaps nothing to so tickle the grown-up palate as the well-known banana fritter. And here is the way to make them just right. Three bananas will be required for a dozen fritters. Peel them and divide the banana in half lengthwise. Then divide each half crosswise so as to make four portions out of each. Dip each portion in lemon juice and then into powdered sugar. Let stand while preparing the batter.

For a good fritter batter, sift together one cup of flour (one-half pint) with one-fourth level teaspoon salt and one teaspoon of baking powder. Make a well in the center and drop in an unbeaten egg. Pour in milk, a little at a time, and stir in ever-widening circles, beginning at the center. Enough milk must be used to make a rather thick drop batter. Beat at least three minutes to enfold air and remove lumps.

The portions are dipped into this batter several times and then fried in hot, deep fat until a delicate brown. The fritters should be drained on unglazed paper and served with a lemon or orange sauce.

Every housewife should have a simple recipe for a pudding sauce. The lemon sauce is a sort of standby and can be altered to fit the occasion by any clever woman. To the juice of a lemon, add the grated rind of one-half of it. Mix in two level tablespoons of sugar and one tablespoon of cornstarch.

When free from lumps, add one and one-half measuring cups of hot water. Cook, stirring until the sauce boils and thickens. Taste it. Add more sugar if desired. Stir in a bit of butter at the end, if the cost does not have to be considered.

Banana Fritters

4 ripe bananas
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
¾ cup milk
1 egg

Sift flour, baking powder and salt together; add the milk and well-beaten egg. Skin, scrape and split the bananas, then cut in half, making four pieces. Dip in batter (remove with fork); fry in deep, hot oil; drain on paper and serve with a thin, tart, warm apple sauce.

BANANA FRITTERS and SAUCES

Banana Fritters and Sauce

Place in a mixing bowl:

1 cup of banana pulp (*See p.* 13)
¼ cup of sugar
Yolks of two eggs
1 tablespoon of shortening

Beat to mix and then add:

1½ cups of flour
1½ teaspoons baking powder

Beat to mix, then cut and fold into the mixture whites of two eggs, beaten stiff. Fry in deep fat until golden brown, then serve with any sweet sauce.

Savory Banana Fritters

Peel six bananas; cut each in half lengthwise and dip each lightly into seasoned flour. Beat up an egg with a teaspoonful of milk, dip each piece of banana in this, then roll in finely chopped nuts (walnuts or hazelnuts). Heat up some clarified butter in a frying pan and fry in it the prepared bananas to a golden brown. Drain the fritters carefully and place each on a neatly cut piece of toasted bread. Put them on a dish and serve hot.

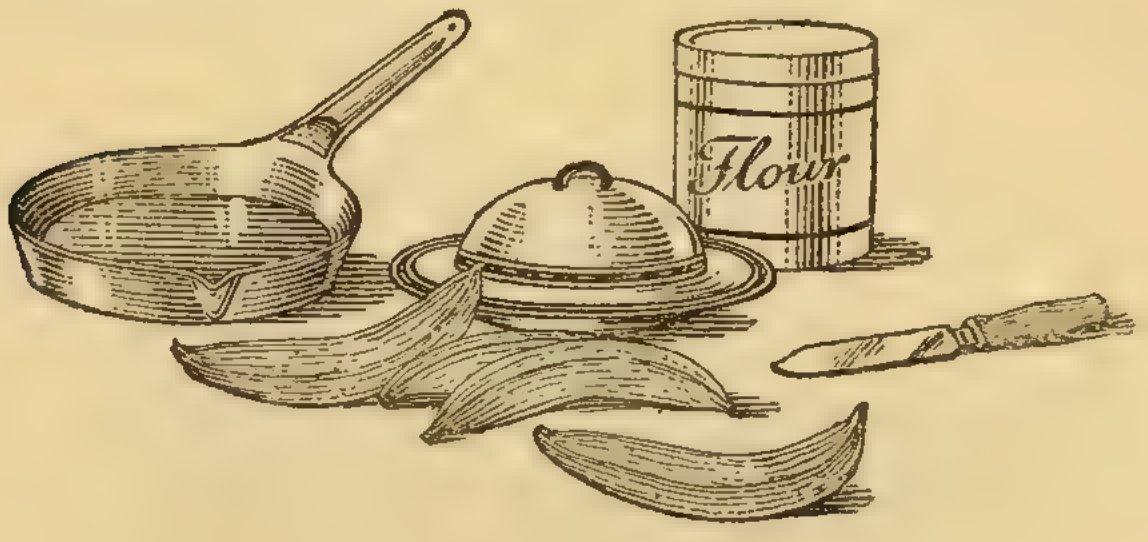
Note: To make seasoned flour, put a little flour on a plate and season it with salt and white pepper and a good pinch of Spanish pepper, then mix well and use.

Banana Fritters

1 egg
¼ cup milk or water
½ cup flour
¼ teaspoonful salt
¼ teaspoonful baking powder (level)
Bananas

Sift together the flour, baking powder and salt; drop the yolk of the egg into the center of the mixture and slowly stir in the milk; when the milk is about half used, beat the mixture until very smooth and stir in the rest of the milk. When ready to use, fold in the white of the egg beaten very light. Remove the skin and coarse threads from the bananas, cut them in halves crosswise, then cut the halves lengthwise and dip the pieces in the batter, covering them completely. Fry in deep fat to a golden brown. Serve, sprinkled with powdered sugar and cinnamon, as a dessert dish, or, with currant jelly or a hot sauce as an entrée with meats. Often the pieces of banana are sprinkled with sugar and lemon juice and set aside half an hour before frying. When so treated the banana needs to be drained very carefully before it is dipped into the batter.

BANANAS AS A VEGETABLE



Banana Canapes

Slice four bananas lengthways and cut into halves. Fry these in butter. Season with salt, pepper and a dust of cayenne. Have some well-buttered toast, very hot, and place the bananas on the strips of hot toast.

Banana Piquantes

Six or more tomatoes of equal size, 4 small bananas cut in ¼-inch thick slices, half a large apple cut in dice, 1 teaspoonful capers, mayonnaise salad made of yolk of egg, 1 gill olive oil, 1 dessert-spoonful lemon juice, a little salt and pepper to taste.

Mix all very gently, and fill the scooped-out tomatoes with it. Place them in a glass dish and surround them with slices of 1 hard-boiled egg and decorate with parsley.

Banana Croquettes

Peel and scrape the bananas; cut off the ends to make croquette shapes, roll in an egg beaten and mixed with four tablespoonfuls of milk, to coat completely, then roll in sifted soft bread crumbs. Fry in deep fat. Serve hot with any kind of roast or broiled meat or with a currant jelly sauce as a sweet entrée or dessert. To make the sauce, dissolve a tumbler of currant jelly in boiling water. Thicken, if desired, with two teaspoonfuls of cornstarch mixed with cold water.

Mock Scallops

Peel green bananas; cut into slices about ⅜ inch thick. Parboil until tender. Drain. Dip each slice into fine crumbs, then into slightly beaten egg, and again into crumbs. Saute or fry in deep fat. Drain on unglazed paper. Sprinkle with salt and pepper.

Serve with small strips of crisp bacon, or with sauce Tartare.

Baked Bananas

Prepare the bananas as in "Baked Bananas with Meat"; bake until the skins are brown and the bananas soft; turn from the skins upon individual dishes. Sprinkle with sugar and serve at once as an entrée or a dessert dish.

BANANAS AS A VEGETABLE

Baked Bananas with Rice

1 cup rice
1 cup milk
1 teaspoon salt
4 bananas
2 tablespoons brown sugar

Wash, boil and blanch the rice as usual; dust with salt and spread on platter which can be put in oven; pour milk on rice. Skin, scrape and split the bananas and lay over the top of the rice (be sure the bananas cover the rice); sprinkle with sugar; put in hot oven and bake 20 minutes, or until the bananas are brown. Serve with sauce.

Banana Baked in Lemon Juice

4 large bananas, cut in halves lengthwise
½ cupful sugar
½ cupful lemon juice
2 large oranges

Put the bananas in a baking-dish. Remove the thin skin from the sections of orange and put these on top of the bananas (any juice from the orange may be mixed with the lemon juice); sift the sugar over the bananas and orange. Add lemon-juice and bake slowly for three-quarters of an hour. Serve hot or cold. It is especially good with cold meats.

Baked Bananas, Belgian Style

Remove the peel from six or eight bananas, scrape the pulp, and set them side by side in a baking dish suitable for the table. Over them grate the rind of an orange and half a lemon. Mix together the juice of the orange, half-lemon, and half to three-fourths a cup of sugar; pour this over the bananas. Bake in a quick oven until soft throughout, basting three or four times with the liquid in the dish. Serve with meat or as a dessert dish.

Bananas Baked in Cream Sauce

Fill baking dish with sliced bananas, using about 4 bananas, sprinkling bread crumbs between the layers —now place in saucepan:

1 cup milk
4 tablespoons flour

Stir to dissolve and bring to a boil and cook slowly for 5 minutes—season with salt and pepper.

"Little Miss Muffet
Sat on a tuffet,
Eating her curds and whey;
But, surely, you know,
That was long years ago—
She feeds on bananas to-day."

BANANAS AS A VEGETABLE

To Make Green Banana Pulp

Bananas must be carefully peeled so that all traces of the green outer skin are removed. The peeling should be done with silver knives as steel blackens the bananas.

If the bananas stand before cooking cover with cold water, so they will not become dark.

Cook in boiling, salted water for about a half hour. The cooking should be done slowly as with too rapid cooking the outer part of the banana becomes soft before the interior is done. Bananas must be well cooked and soft or there will be a slight green taste.

Drain, and put bananas through a potato ricer or a purée sieve.

Fried Bananas (Savory)

To be served as a garnish with filet of beef or cutlets or served as a side-dish.

Remove the skin from 6 not over-ripe bananas, cut each in quarters or halves lengthways. Season with paprika and salt and pepper, then dip each piece in milk, then in flour. Fry them in very hot clarified fat till a golden color, take up and strain on a cloth or paper and serve hot. If served on a separate dish, garnish with sprigs of fresh or fried parsley.

Another Banana Savory

Take ripe bananas, peel and dip in beaten egg, roll in fine white or brown bread-crumbs and fry in hot butter. If the latter is too expensive, good lard or dripping may be substituted though the flavor is not so fine. Serve the golden rolls with cold meat (particularly nice with cold pork or ham). Also as a separate dish, the banana rolls are delicious placed on buttered toast and served hot.

Fried Bananas

Fried bananas are truly delicious and may be fried in two ways—first peel and cut lengthwise in half, dip in flour and fry a golden brown in hot fat.

For the second way—peel the bananas, cut in half, roll in flour and dip in egg and milk mixture and then roll in fine bread crumbs—fry a golden brown in smoking hot fat.

Fried Bananas

Choose firm, not over-ripe bananas for frying. Peel and cut each in lengthwise halves. Dip in milk and seasoned oatmeal. Fry carefully in hot clarified butter or olive oil to a nice golden brown. Drain on a cloth or paper, season lightly with salt and Spanish pepper, dish up, garnish with slices of bacon and serve.

BANANAS AS A VEGETABLE

Broiled Bananas

Peel and scrape the bananas; cut in halves crosswise, then in halves lengthwise (for ease in handling). Dip the bananas in melted fat, then in sifted soft bread crumbs. Rub the wires of an oyster broiler with fat; set the bananas in place and let broil, first on one side and then on the other, over a rather dull fire. The bananas are easily broiled with electricity or gas. Serve with bacon, chops, steak or with fried cereal.

Baked Bananas

Baked bananas are delicious and should replace apples as a first course at breakfast or as dessert occasionally. To prepare these remove a strip of skin one inch in width from the desired number of bananas. Place the bananas, skin side down, on an earthen or enameled baking dish. Squeeze a little lemon juice on to the portion of the banana from which the skin has been removed and sprinkle with brown sugar and dot over with butter. Pour in enough hot water to cover the bottom of dish. Bake until the pulp is jelly-like, dipping over the bananas occasionally the syrup that forms in the dish.

Escalloped Bananas

Stir ¼ cup melted butter into 2 cups of sifted soft bread crumbs. Sprinkle the bottom of a baking dish with part of the prepared crumbs, cover with sliced bananas, and sprinkle with a little sugar mixed with cinnamon. Repeat the layers of buttered crumbs and bananas until the crumbs are used, having the last layer of crumbs. Add the juice of a lemon or 4 tablespoonfuls boiling water; cover and let bake 25 minutes, then remove the cover to brown the crumbs. Serve hot.

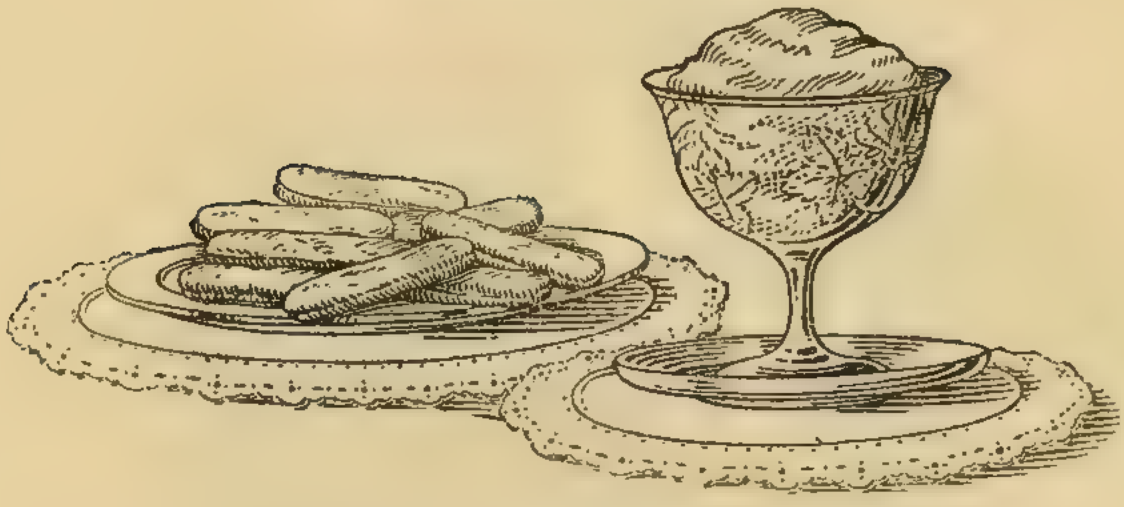
Rice, Bananas and Poached Eggs

Cook ¼ cup of rice in 1¼ cups of water until the rice is soft and the water absorbed. Place in a baking dish and cover 1 inch deep with sliced bananas. Place in the oven and bake for 10 minutes. Now lay on 1 poached egg for each service. Garnish with a little strip of bacon and serve with parsley sauce.

Banana Dumplings

One pint thick, sour cream, 1 teaspoonful soda, flour to make a soft dough. Roll out about an eighth of an inch thick, cut in strips 3 inches wide and 5 long. Peel bananas and wrap each one in the dough same as other dumplings. Place in pan, fill with sweet milk and bake one hour. Sauce: 1 pint water, 1 cup sugar, juice of one lemon, 1 tablespoon flour rubbed smooth in a little cold water, 1 teaspoon butter, a little nutmeg. Let the mixture boil and thicken with the flour. Serve hot.

SHERBETS



Three-of-a-kind Sherbet, No. 1

Mix the juice of three lemons and three oranges with the pulp of three bananas pressed through a ricer or sieve; stir in three cups of sugar, then add five cups of milk and one of cream, and freeze at once.

Three-of-a-kind Sherbet, No. 2

Boil one quart of water and two cups of sugar twenty minutes; add the pulp of three bananas pressed through a ricer, let boil once, then chill. When cold add the juice of three oranges and three lemons and freeze.

Banana Sherbet

Bananas, 1 dozen
Sugar, 2 cups
Oranges, 2
Water, 4 cups

Boil sugar and water together for five minutes, add juice of oranges, and when cool, add bananas, mashed fine. Freeze like ice cream. Beat the white of one egg until frothy, add one tablespoonful powdered sugar, then beat until stiff. Remove the dasher, stir in egg and repack.

Fruit Salpicon (Sweet)

3 bananas
2 oranges or a pint of strawberries
½ pineapple
Juice of 1 lemon
About 1 cup sugar
½ pound white grapes

Peel the bananas, remove the coarse threads, and cut the pulp in thin slices. Peel the oranges and cut in lengthwise slices. Remove the exterior of the pineapple, and with a silver fork remove the fruit from the core. Skin the grapes, cut them in halves and take out the seeds. If strawberries are used cut them in halves. Mix the fruit lightly with the sugar and lemon juice, and chill thoroughly and quickly. Serve in sherbet cups, either as a relish at the beginning of luncheon, or as a sweet dish at close of dinner or luncheon.

SALADS

Banana and Peanut Salad

Even folks who do not care for fruit salad as a regular thing are fond of the banana and peanut salad. This salad should not be prepared much in advance, as bananas that stand long are apt to discolor. Arrange the cut bananas on crisp leaves of lettuce. Pour a little lemon juice over each and then sprinkle generously with finely chopped peanuts. If liked, cream mayonnaise may be used over all.

This salad, however, is decidedly palatable if served with lemon juice only. But for those who enjoy a good cream mayonnaise the following recipe is given. In a soup plate, put half a level teaspoon each of salt, mustard and a few grains of sugar and cayenne if liked. Stir the yolk of one egg. Gradually stir in one-half to one cupful of oil, a single drop at a time, until at least one-fourth of the cup is in. After this the oil may be put in several drops at a time. As the mixture thickens thin it with a few drops of vinegar or lemon juice. At the finish the mixture should be stiff enough to hold its shape.

This mayonnaise may be used as it is, or, if cream mayonnaise is desired, whip up half a cupful of cream until stiff and cut it into the dressing just before serving.

Banana Salad

Three bananas, 2 oranges, 10 walnuts, 1 head of lettuce, mayonnaise. Wash and dry the lettuce. Peel the oranges, cut into slices, remove the seeds, then cut the slices into small pieces. Peel the bananas and cut crosswise into thin slices. Crack the nuts and break into small pieces. Arrange the lettuce around the dish, place a layer of bananas, then oranges, then bananas on each piece of lettuce, pour over it the mayonnaise, garnish with nuts and serve with a plain biscuit.

To make the mayonnaise: The yolks of 2 raw eggs beaten smooth, with a saltspoonful of salt; add oil by degrees, vinegar last. Two eggs will take nearly ½ pint of oil.

The banana is very useful as a basis for fruit salads. As many varieties as possible of fruits are used, although the quantity of bananas exceeds the others, as its peculiarities fit it as the best fruit for this purpose.

SALADS

Banana and Date Salad

Pour boiling water over half a pound of dates, stir and skim to an agate plate. Dry in the oven three or four minutes; cut from the seeds in lengthwise quarters. Let chill. Peel and scrape three bananas, cut them in slices, and squeeze over them the juice of half a lemon. Add the dates and about four tablespoonfuls of olive oil. A little more lemon juice may be needed. Mix lightly. Serve on heart leaves of lettuce with graham or rye bread and butter.

Banana and Green Pepper Salad

Peel, scrape and slice three bananas. Plunge a large, sweet, green pepper in boiling water, let stand two minutes, rub off the skin, cut in thin shreds, and let chill. To four tablespoonfuls of olive oil add two tablespoonfuls of lemon juice and one-fourth of a teaspoonful of salt. Mix and pour over the banana and pepper. Serve on lettuce hearts with meat dishes.

French Fruit Salad

Peel equal quantities of bananas, pears and apples, and cut the fruit into dice. Mix then with a light mayonnaise sauce enriched with cream and flavored with lemon juice instead of vinegar. Dish up and decorate with red currant jelly.

Banana Salad (Sweet)

Cut four bananas, free from skin and coarse threads, in slices one-fourth of an inch thick; cut peeled oranges in thin slices lengthwise of the orange. Arrange the slices of banana and orange in a glass dish, in alternate layers, sprinkling each layer lightly with sugar and grated cocoanut. Let stand in a cold place about half an hour—longer in summer—and serve with sponge or other cake as a dessert dish. Either slices of peaches or bits of pineapple may be substituted for the cocoanut.

Celery and Banana Salad

Peel five medium-ripe bananas; scrape the surface of each lightly and cut into thin rounds or strips. Trim and wash two heads of white celery and cut into small shreds. Shred likewise half a dozen shelled and peeled walnuts. Mix these ingredients together lightly and season with salt and pepper, then dress with mayonnaise. Arrange the prepared salad neatly in a salad bowl, and garnish the side in the form of a neat border with small sections of orange and watercress.

SALADS

Banana Salad

Peel bananas as desired and remove all stringy matter. Roll in chopped nuts and place on crisp lettuce leaves. Add mayonnaise.

Bananas with Dressing

Yolks of 4 eggs, beaten well, 1 tablespoon sugar, 1 teaspoon salt, 1 dash red pepper, 1 tablespoon mustard in ½ cup vinegar, 1 tablespoon cornstarch, ½ cup milk. Cook until smooth. Cut bananas lengthwise, lay them on lettuce leaves and pour over them the dressing.

Orange Pecan Salad

1 banana
2 oranges
Lettuce
French dressing
½ cupful pecan-meats

Remove skin from banana, cut in quarters lengthwise and again crosswise, roll in pecan meats finely chopped. Peel oranges, cut in slices crosswise, insert a cube of banana in center of each slice. Arrange on a bed of lettuce, sprinkle over remainder of pecans and French dressing. This will make eight portions.

Banana and Nut Salad

Cut bananas in halves lengthwise and crosswise, or in the shape of croquettes, as preferred. Roll either in mayonnaise or boiled salad-dressing. Place on a bed of heart lettuce and sprinkle generously with chopped walnuts or peanuts.

Banana and Grapefruit Salad

Peel, scrape and slice the bananas; add half as much grapefruit, freed of seeds and membrane, with each section cut in halves. Mix olive oil and lemon juice in the proportion of four tablespoonfuls of oil to one of lemon juice. Dispose the fruit on hearts of lettuce, and pour on to each service from one to two tablespoonfuls of dressing. A few grains of salt and paprika may be added if desired.

"Little Jack Horner
Sat in a corner,
Refusing his Christmas pie;
He didn't want plums,
They were hard for his gums,
But he thought a banana he'd try."

Sliced Bananas with Lemon Jelly and Cream

Have ready a pint of lemon jelly moulded in a shallow dish; dip the mould into warm water that reaches to the height of the jelly, and turn the jelly from the dish on to a clean paper. With a sharp knife, dipped in hot water, cut the jelly into small cubes. Have ready, also, three bananas, peeled and cut in slices one-eighth of an inch thick, and a cup of cream, mixed with one-fourth cup of sugar, and a few drops of vanilla, and whipped to a stiff froth. Dispose the slices of banana and cubes of jelly in glass dishes and surmount each dish with a spoonful of whipped cream. This dish is very dainty and attractive when jelly made of red oranges takes the place of the lemon.

Sliced Bananas with Lemon Caramel Sauce

6 bananas
1 cup boiling water
¼ cup sugar
1 tablespoon cornstarch
A few grains of salt
1 tablespoon caramel
1 teaspoon grated lemon rind

Add sugar and cornstarch, which has been mixed with a little cold water, to the boiling water; boil five minutes; add caramel and lemon juice and rind. Pour over bananas, which have been scraped and sliced. Set in cold place until ready to serve.

To make caramel—Put four teaspoons sugar into small frypan, melt until a light brown, remove from fire, add ½ cup water, return to fire and boil several minutes.

Banana Whip

Banana whip is a real delight if carefully prepared. Through a strainer press four bananas after the skins have been removed. Add the juice of half a lemon and half a cup of powdered sugar. Bake until clear and jelly-like in an earthen dish. Let cool. Whip until stiff the whites of two eggs. Then cut and fold this carefully into the mixture. Chill. From the yolks prepare a soft custard. Flavor with a few drops of vanilla extract. Chill. Serve the banana whip on chilled dishes and pour the custard sauce around it.

Banana Whip

Press the pulp of three bananas through a ricer, vegetable press or sieve; cook with one-third cup of sugar and a tablespoonful of lemon juice until scalded; cool and flavor with a few drops of vanilla; add also a few grains of salt; then beat gradually into a cup of double cream beaten firm with a Dover egg beater. Set aside to become chilled; then serve, piled high, in small glasses with a sprinkling of fine-chopped pistachio nuts on the top. Line the glasses before filling with slices of banana. This whip makes a particularly good Charlotte Russe filling.

Banana and Prune Jelly

½ pound prunes
½ box gelatine
½ cup cold water
Boiling water
4 bananas, cut in cubes
¾ cup sugar
¾ cup lemon juice

Soak the prunes over night; then cook in water to cover until tender, drain, remove the stones and cut in pieces. Soak the gelatine in the cold water; add enough boiling water to the hot prune liquid to make one pint, and pour over the soaked gelatine, and strain the whole over the banana slices. Heat to the scalding point; add the sugar, lemon juice, pieces of prunes; stir, but without crushing the banana, until the sugar is dissolved. Turn into a mould and set aside to become firm. When cold serve turned from the mould, and with whipped cream.

Banana Jelly with Cream

Take one pint of orange jelly, six bananas and a pint of cream. Skin the bananas and work them to a pulp. Heat the jelly and when it has cooled a little stir in the banana pulp, then the cream, which should have been whipped lightly. Mix all well together and put into a garnished mould. Peel and chop finely one-half ounce pistachio kernels, put to set in the top of the mould with a little jelly. When turned out it will look like a crown of bright green moss.

Bananas and Cocoanut Dessert

Select four large bananas, peel them and cut each in 4 pieces. Place in a buttered pan and sprinkle with 3 teaspoons lemon juice. Beat 1 egg white until very stiff with two tablespoons powdered sugar, add ½ cup cocoanut and put 1 tablespoon of this meringue on top of each piece of banana. Bake 15 minutes in a slow oven. Remove to a serving plate, place a hazelnut on top of each and surround with whipped cream to which 1 tablespoon powdered sugar and ½ cup cocoanut have been added.

Banana Shortcake

Make a one egg cake mixture and bake in 2 layers. Make a filling, using ⅞ cup sugar, 2 eggs, little salt, 2 cups scalded milk, 2 teaspoons cornstarch wet in cold milk or water, 1 teaspoon vanilla. Spread filling between the layers and on top. Put sliced bananas on top and also between layers. Sprinkle powdered sugar. This must be used shortly after baking.

Banana Cobbler

Rub 4 bananas through a sieve and add:
1 cup brown sugar
1 cup thick cream sauce, made without seasoning
½ cup marshmallow whip
½ teaspoon nutmeg
2 tablespoons butter
2 cups fine bread crumbs

Mix thoroughly. Now line an oblong pan with plain pastry; spread in the filling and cover the top with thin strips of pastry cut inch wide, making criss-cross top crust; bake in slow oven 35 minutes; serve with vanilla sauce.

Banana and Raisin Croustades

Cut stale sponge cake in two-inch cubes; cut out the centers to make hollow receptacles. Dip the cubes on the outside in melted butter or oleomargarine and set into the oven to brown delicately, turning as needed. For four cases, cook one-third cup of seedless raisins in boiling water until tender; peel and scrape three or four bananas; cut the pulp in cubes. When the raisins are tender add half a cup of sugar and the banana cubes. Cover and let cook until hot throughout, shaking the dish occasionally. Use the banana and raisins to fill the cases, and pour the syrup over the whole. Serve hot or cold· preferably hot.

Banana Sponge

⅓ package gelatine
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
Juice of 1 lemon
1 cup banana pulp
Whites of 3 eggs
Slices of banana

Soften the gelatine in cold water, and add the boiling water and sugar. When the sugar is dissolved strain over the banana pulp, heat to the scalding point, let cool a little, add the lemon juice, and beat over ice water until light and cold; then beat in, gradually, the whites of the eggs, first beaten until dry. Turn the mixture into a mould lined with slices of banana. Serve cold, ornamented with double cream, sweetened and flavored, then beaten firm.

Banana Cones

For each two persons use two slices sponge cake, one large or two small bananas, three level teaspoonfuls cornstarch, three level tablespoonfuls sugar, one-half cup boiling water, and the grated rind and juice of half a lemon. Stamp the slices of cake into rounds, and set these on serving plates. Peel and scrape the bananas, cut the pulp into cubes, pour on the boiling water, cover and let stand a moment to scald—keeping the cubes in shape. Skim the banana to the pieces of cake, piling it cone shape. Sift together the cornstarch and sugar, add a few grains of salt, pour on the lemon juice and the liquid in which the bananas were steamed, and stir until boiling. Let simmer ten minutes, then use to cover the bananas. Serve hot or cold; preferably hot.

Banana Doughnuts with Sauce

½ cup butter or butter substitute
½ cup sugar
1 egg
1½ cups milk
3 cups flour
2½ teaspoons baking powder

Beat the butter or butter substitute and the sugar until creamy. Add the well-beaten egg, the milk, flour and baking powder.

Mix into a smooth dough and roll out one-quarter inch thick on a well-floured board; cut in small rounds and enclose a slice of banana in each before frying in hot fat.

Drain well on paper and roll in powdered sugar.

Jelly Sauce

2 tablespoons jelly
1 cup water
1 tablespoon sugar
1 teaspoon cornstarch

Put the water into saucepan, bring to boil and add the jelly and sugar; stir until dissolved, then add the cornstarch, wet with a little cold water; boil 3 minutes.

Banana Charlotte Russe

Peel and scrape three bananas, then press them through a ricer; add one-third cup of sugar and the juice of half a lemon and stir in a double boiler until scalded, then let chill. Beat one cup of thick cream firm; add the chilled banana mixture and half a teaspoonful of vanilla extract. Line glass sherbet cups or paper cases with narrow strips of sponge cake or lady fingers, fill these with the mixture. Serve very cold.

Banana Cake

⅓ cup butter
1 cup sugar
2 eggs
½ cup milk
1¾ cups flour
2½ level teaspoonfuls baking powder

Cream the butter; add the sugar gradually, then the beaten yolks of the eggs; add the flour sifted with the baking powder, alternately with the milk; and lastly the beaten whites of the eggs. Bake in two layers. Put the layers together with a banana filling and cover the top with sifted confectioner's sugar mixed to a smooth paste with a tablespoonful of lemon juice and boiling water.

Banana Filling

Cook together a cup of sifted banana pulp (peeled bananas passed through a sieve), the juice of half a lemon or an orange, half a cup of sugar, and a tablespoonful of butter; when thick and cold spread upon the cake. Or, heat the ingredients in a double boiler and then stir in an egg beaten with a tablespoonful of sugar; cook and stir until thickened, then cool and use as above.

Banana Snow, or Banana Filling

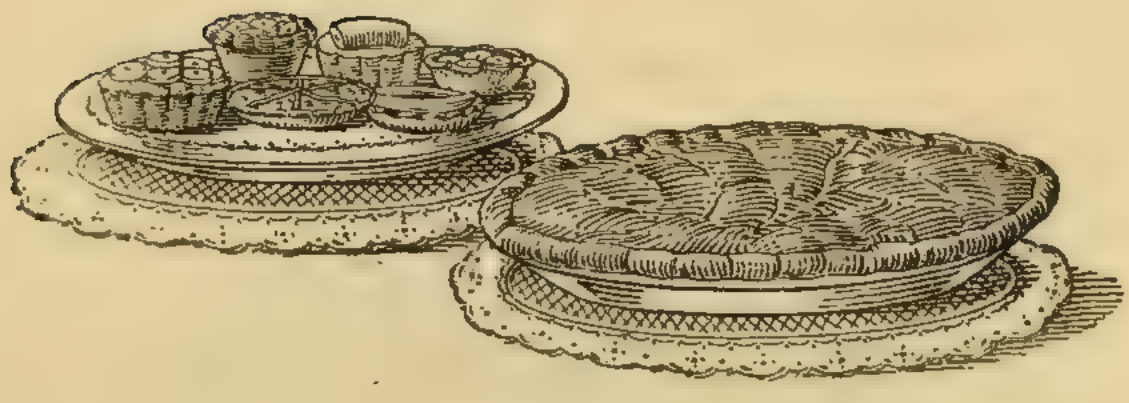
Free banana pulp from skin and coarse threads and press enough through a ricer or vegetable press to fill a cup; add one cup of granulated sugar, the juice and grated rind of a lemon, and the unbeaten white of one egg. Beat with a perforated wooden spoon until solid to the bottom of the bowl. It will take about twenty minutes. Use between and above layers. Put on a part of the mixture with a pastry bag and tube. Decorate with candied cherries. This mixture may be served in glasses or as a filling for Charlotte Russe.

Banana Cake

Bake a sponge or plain cup cake in two layers. Just before serving set fresh sliced bananas, mixed with sugar and lemon juice, between and above the layers of cake. Cover the top with whipped cream. Cut as a pie in serving.

Banana Loaf

Cut out the center from a small loaf of sponge or angel cake. Fill the open space with bananas, peeled, scraped, sliced and mixed with sugar and the juice of a half or whole lemon. Dispose whipped cream flavored with a few drops of vanilla above the bananas.



Banana Pie

1 cup sifted banana pulp
½ cup sugar
1 cracker, powdered fine
½ cup milk
½ teaspoonful salt
⅓ teaspoonful cinnamon
1 egg
⅓ cup cream
Grated rind and juice of ½ lemon or two tablespoonfuls molasses

Mix the ingredients together and bake until firm in a pie pan lined with pastry as for a squash pie. The cracker may be omitted unless a rather firm pie be preferred.

Banana Pie

3 bananas
1 cupful sugar
1 tablespoonful butter
2 eggs
⅓ cupful flour
¾ cupful boiling water
¼ teaspoonful vanilla
Flaky pastry

Bake a shell of the pastry. In the meantime cream together the sugar and butter, beat in the egg-yolks and flour, add the boiling water, and cook, stirring constantly until thickened. When the cream is cool, add the vanilla, slice the bananas, put a layer in the pastry-shell, spread with a layer of the cream, lay on another of bananas, and top with cream. Whip the egg-whites with two tablespoonfuls of sugar until fluffy and dry, spread over the pie, and bake until a delicate brown. Those who do not like very sweet desserts will find that a three-quarter cupful of sugar is ample.

Banana Pie

Sift together one cup of granulated sugar, two and one-half level tablespoonfuls of cornstarch, and one-fourth teaspoonful of salt; pour on one cup of boiling water, and stir and cook until boiling; add one tablespoonful of butter, one egg beaten light, the grated rind and juice of one lemon, and three bananas, peeled, scraped and cut in slices. Bake between two crusts about twenty-five minutes.

PIES—TARTS

Banana Pie

Eggs, yolks of 2
Sugar, ½ cup
Milk, 2 cups
Cornstarch, 3 lbs.
Bananas, 2 or 3
Vanilla to taste

Beat the egg yolks, add the sugar and milk. Put in double boiler and heat. When hot add cornstarch moistened with a little milk, cook until thick. Add flavoring to taste. Slice bananas into a crust already baked, then pour in the custard. Cover with meringue made from the whites of the eggs and 2 lbs. sugar. Brown in oven.

Banana Pie

Line pie plate with plain pastry. Now place in saucepan:

1 cup milk
⅔ cup sugar
6 tablespoons cornstarch

Stir to dissolve; bring to a boil and cook for 5 minutes; now add:

1 well-beaten egg
2 tablespoons butter
4 bananas, rubbed through a sieve
¼ teaspoon grated nutmeg

Beat hard to mix; turn in the prepared pie plate and bake in slow oven for 25 minutes. Spread top of pie when cold with marshmallow whip, and then sprinkle with finely chopped nuts.

Banana Pie

Scald one cup and a half of milk in a double boiler; stir one-third cup of cornstarch and half a teaspoonful of salt with half a cup of cold milk until smooth, then stir and cook in the hot milk until the mixture thickens. Beat the yolks of two eggs, beat in three-fourths cup of sugar and stir into the hot mixture; let cook about five minutes; then stir in three bananas, peeled, scraped and cut in slices, and the juice of half or a whole lemon. Have ready a pastry shell (pastry baked over an inverted pie plate), set it into a pie plate and turn the filling into it. Beat the whites of two eggs very light, beat in four level tablespoonfuls of granulated sugar and spread over the pie, dredge with sugar and let bake in a very moderate oven to color the meringue delicately.

PIES—TARTS

Banana Custard Pie

Pare and then rub through a fine sieve sufficient bananas to measure one cup.

Place in a mixing bowl and add:

½ cup of sugar
Juice of one lemon
¼ teaspoon of grated rind of lemon

Stir to mix and then add slowly, beating to mix:

1 cup of milk
Yolk of egg
¼ teaspoon of nutmeg

Beat to mix and then pour into a pie plate lined with plain pastry. Bake in a slow oven for 25 minutes and then cool. Use the white of egg and ½ glass of jelly for fruit whip.

Banana Custard Pie

Line a deep pie dish with pie crust. Fill nearly to the top with sliced bananas and sprinkle with 3 tablespoons of sugar. Make a custard of beaten egg, 1 teaspoon sugar, pinch of salt, 1 cup milk and ½ teaspoon vanilla. Pour over the bananas and bake until bananas are soft and custard is set.

Banana Tart

Make crust of fine flour and fresh butter. Slice 3 or 4 bananas and put in dish, adding sugar or a little syrup. Cover fruit with crust. Brush a little melted butter over top. Strew white sugar on and bake 20 minutes or more, as required.

Banana Tarts

Use pastry left after making a pie; roll thin and use to cover narrow Brownie tins; prick the paste and set the tins on a baking sheet to keep the edges from the floor of the oven; bake to a light amber color (five to ten minutes). For each two tarts allow one banana and about three tablespoonfuls of fruit jelly. A teaspoonful of lemon juice may be added if at hand. Melt the jelly in an equal measure of boiling water. Remove the bananas from the skins, scrape, and cut in thin slices; drop in the syrup, cover, and let cook until hot throughout (about three minutes). Remove to the pastry cases, letting one slice overlap another lengthwise of the case; cook the jelly a few minutes. Coat the tarts with the half-set jelly. Serve when nearly or quite cold, as is convenient. Brownie tins are about three and one-fourth by one and one-fourth inches across the top.

PUDDINGS

Banana Delmonico Pudding

Scald two cups of milk in a double boiler; sift one-third cup of cornstarch and half a teaspoonful of salt with one-fourth cup of sugar two or three times, then stir into the hot milk. Continue to stir until the mixture thickens, then cover and let cook fifteen minutes. Beat the yolks of two eggs, add two tablespoonfuls of sugar and beat again, then stir into the hot pudding. Peel, scrape and slice three or four bananas into a pudding dish, squeeze over them the juice of a lemon, then pour on the hot pudding. Beat the whites of two eggs very light, beat in four level tablespoonfuls of sugar and spread over the pudding. Dredge with granulated sugar and let bake in a very slack oven until the meringue is delicately colored. It should take ten to fifteen minutes to color the meringue. Serve hot or cold, but preferably hot or partially cooled.

Banana Pudding

Eggs, 1
Milk, 2½ cups
Sugar, ½ cup
Cornstarch, ¼ cup
Bananas, 3
Vanilla flavoring

Beat the egg, add sugar and milk. Put in double boiler to heat. When hot, add cornstarch previously moistened with milk, cook until thick. Remove from fire and add flavoring. Stir in the bananas, sliced, and pour in molds. Serve cold with cream.

Bananas with Rebecca Pudding

Scald two cups of milk; sift together one-fourth cup of cornstarch, one-fourth teaspoonful of salt, and one-fourth cup of sugar, and stir into the hot milk. Continue to stir until the mixture thickens. Cover and let cook ten minutes. Fold in the white of one or two eggs beaten very light. Let cook until the egg is set. Turn into a mould. When cold unmould and serve with sliced bananas, cream and sugar.

PUDDINGS

Banana and Raisin Pudding

1 cup raisins
1 cup stale breadcrumbs
6 bananas
½ teaspoon salt
2 tablespoons sugar
1 teaspoon butter

Brush casserole with butter, put half the bananas in bottom, cover with breadcrumbs and then with the raisins, which have been stewed and thickened (add salt to the raisins); put the rest of the bananas on the top and sprinkle with sugar. Cover, put in hot oven 20 minutes, reduce heat and leave in 20 minutes longer. Serve warm.

Banana Souffle Pudding

Peel two bananas and rub through a sieve. Melt an ounce of butter in a stew pan, stir in three-quarters of an ounce of flour and cook a little; add a gill of milk and stir over the fire until it leaves the sides of the pan clean, then remove from the fire and add by degrees the yolks of three eggs, the banana pulp and one ounce of castor sugar. Beat the mixture well and lastly stir in the stiffly whisked whites of two eggs. Turn into a buttered fireproof souffle dish and bake. Dredge with sugar and serve quickly.

ICE CREAMS—PARFAITS

Banana Ice Cream

Scald one quart of thin cream; dissolve in this one cup and a half of sugar. When cold, add a pint of thin cream unscalded, and begin to freeze. When the cream is rather more than half frozen add a cup and a half of ripe banana pulp (measured after being pressed through a ricer), mixed with the juice of one lemon and a half, and finish freezing. Let stand an hour to "ripen."

ICE CREAMS—PARFAITS

Banana Sauce for Ice Cream

Peel and scrape three or four bananas; press them through a sieve. To a cup of this purée add one cup of sugar and the juice of half or a whole lemon, let cook until boiling throughout, stirring often, or cook in a double boiler; let chill, add a teaspoonful of vanilla, and serve as a sauce for any variety of ice cream. The sauce is also good for cornstarch pudding or boiled rice.

Banana Ice Cream

1½ cups of banana pulp
1 cup of sugar
Juice of one lemon

Place in a mixing bowl, cover and set aside. Now place:

2½ cups of milk
4 tablespoons of cornstarch

in a saucepan and stir to dissolve 5 minutes. Add the yolks of 2 eggs. Beat to thoroughly mix and add the banana mixture. Beat hard to blend. Now beat into this mixture the stiffly beaten whites of the 2 eggs. Freeze in the usual manner, using 3 parts ice to 1 part salt. This amount will make 3 pints of ice cream.

Banana Bavarian Cream

Beat one cup of cream very light and set aside to chill. Soften one-fourth package gelatine in one-fourth cup of cold water. Peel, scrape and press enough bananas through a ricer or sieve to fill a cup (three to four bananas). Scald the pulp in a double boiler, add half a cup of sugar, the juice of half a lemon and the softened gelatine, and stir until the gelatine and sugar are dissolved. Turn into a round bowl-shaped agate dish. Set the dish in ice and water, and stir until the mixture begins to set, then fold in the cream. Turn into a dish lined with sponge cake or lady fingers.

Banana Parfait

Peel and scrape three or four bananas; press the pulp through a sieve (there should be one cup and a quarter of purée). Cook this with three-fourths cup of sugar and the juice of half a lemon until scalded throughout. Beat one cup and a half of cream till firm. Fold the two mixtures together. Turn into a quart mould, filling it to overflow. Spread paper over the top of the mixture, and over this press the cover to have the paper extend beyond the cover on all sides. Pack in equal measures of salt and crushed ice. Let stand about three hours, repacking once meanwhile.

SOME RECIPES FOR LARGER QUANTITIES

Cream of Banana Soup

Green banana pulp, 2 quarts (*See p.* 13)
Chicken stock, 3 quarts
Celery, 1 stalk
Onion, 1
Carrots, 2
Bay leaf, 1
Peppercorns, 10
Salt, to taste
Flour, ½ cup
Butterine, ½ cup
Cream, or milk, 1 quart

Cook banana pulp, stock and seasonings together for about one-half hour until the mixture thickens. Strain over the flour and butterine which have been combined as for a white sauce. Cook until thickened. Just before serving add the milk or cream. Heat. Serve with a slice of lemon on each plate as a garnish.

Yield: 20 servings.

Banana Ragout

Green bananas, boiled and diced, 2½ quarts
Bacon, 1 pound, cut in thin slices
Onions, 3 medium sized
Parsley, chopped, ½ cup
Salt and pepper to taste

Parboil bananas in salted water until they are tender, but not so soft as to become "mushy." Drain; add bacon, cut into small squares, fine chopped onion and parsley, and seasonings. Cook in the oven for about an hour until the bacon is crisp and bananas are well done.

If the oven is too hot the bananas will not have time to be flavored with the bacon.

Yield: 20 servings.

Escalloped Bananas with Cheese

Green bananas, boiled and sliced, 4 quarts
Milk, 3 quarts
Flour, 1½ cups
Butterine, 1½ cups
Grated cheese, 1 quart
Salt, ¼ cup
Pepper, 1 teaspoon
Worcestershire sauce, ¼ cup
Buttered crumbs, 1 cup

Pare bananas, cut into slices and cook in boiling salted water until tender. Drain, melt butterine, add flour and cook together until smooth; add milk, salt and pepper and cook until thickened. Add grated cheese and Worcestershire sauce. Pour over bananas. Put into a greased baking dish, sprinkle with buttered crumbs and bake in the oven for about twenty minutes.

Yield: 25 servings.

SOME RECIPES FOR LARGER QUANTITIES

Bananas and Chicken Croquettes

Cream banana pulp, 5 cups
Tomato purée, 2 cups
Onion, 4 slices
Green pepper, 1
Chopped parsley, 1 teaspoon
Chicken, diced, 3½ cups
Butterine, ¾ cup
Flour, ¾ cup
Salt, 2 teaspoons
Worcestershire Sauce, 1 teaspoon
Paprika, ½ teaspoon

Heat together the banana pulp and the tomato purée for about fifteen minutes. Melt the butterine; add onion and green pepper finely chopped, and cook until the onion is a golden brown; add flour and cook for five minutes. Add banana mixture, parsley, seasonings and chicken. Stir thoroughly. Cool. Shape into croquettes. Roll in crumbs; dip in egg to which a little water has been added; dip in crumbs. Fry in deep fat. Drain.

These croquettes may be served with a Bechamel sauce.

Yield: 40 croquettes.

Suggestions:

The chicken may be omitted and the mixture made into croquettes, without any additions. A fresh mushroom sauce may be served with these.

Grated cheese may be substituted for the chicken in the croquette mixture.

Any meat used for croquettes may be substituted for the chicken in the croquette mixture.

Spanish Bananas

Green bananas, cooked and diced, 2 quarts
Green peppers, 3 cut into small pieces
Onions, 2 small
Pimentos, 4
Stock, 1 pint
Worcestershire sauce, ⅛ cup
Salt and pepper

Cut bananas, which have been pared and cooked in boiling salted water, into small cubes; parboil green peppers; cut peppers, onions and pimentos into small pieces. Add to bananas; add stock and seasonings. Put into a greased baking dish, sprinkle with grated cheese and bake it in a slow oven until most of the stock has been absorbed by the bananas.

Yield: 8 servings.

SOME RECIPES FOR LARGER QUANTITIES

Bananas en Casserole

Green bananas, diced and parboiled, 10
Carrots, diced, 2
Canned Peas, 2 cups
Canned Tomatoes, 2 cups
Onions, 2
Celery, 1 cup
Salt, 2 teaspoons
Pepper, ¼ teaspoon
Brown stock, 1 quart

Parboil and drain bananas and carrots. Chop onion finely. Put all ingredients together in a casserole and cook in a slow oven for about three hours.

Yield: 20 servings.

Banana and Cheese Souffle

Green banana pulp, 1¼ pints
Soft bread crumbs, 1¼ pints
Grated cheese, 1¼ quarts
Hot milk, 1¼ quarts
Butterine, 5 tablespoons
Salt, 4 teaspoons
Cayenne, few grains
Eggs, 5
Baking powder, 5 tablespoons

Melt fat and mix with cheese, milk, seasonings, bread crumbs, bananas and beaten egg yolk. Cook for about 3 minutes, or until well blended. Remove from fire; add baking powder, and fold in beaten egg white. Bake in a moderate oven in a greased dish set into hot water for about a half hour. Serve immediately.

Yield: 25 servings.

Candied Bananas

Green bananas, 10
Sugar, 1½ pounds
Water, 2 pints
Butter, ½ cup
Cinnamon, ½ teaspoon
Raisins, 1 cup
Lemon juice, ½ cup
Grated lemon rind, 1 tablespoon

Peel bananas, and cook until tender in boiling salted water. Drain, and cut into quarters, cutting in halves lengthwise and cutting each half into two pieces.

Cook the sugar and water together for ten minutes, making a syrup; add cinnamon and raisins. Arrange sections of banana in greased pans. Pour syrup over fruit, add butter, and cook in a slow oven for an hour. Add lemon juice and rind. Serve.

Yield: 20 servings.

Fruit Dispatch Company

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